**Exam 3 – Study Guide**

Principles of Training

-Vocabulary

-What are the Principles of Training?

-Understand how to interpret and use each

Flexibility

-Vocabulary

-What is the importance of Flexibility?

-What tissues restrict Flexibility?

-What are the different types of stretches?

-Which of these stretches should you avoid doing? Why?

-What is the importance of a warm up and a cool down?

-What is the recommended Frequency, Intensity, and Time for Flexibility exercises?

Cardiovascular Fitness

-Vocabulary

-What are the benefits of cardiovascular exercise?

-What are the possible health risk factors of Heart Disease?

-What are the positive changes that may occur to your heart caused by an increase in exercise?

-How do you calculate Maximum Heart Rate?

-How do you calculate Target Heart Rate Zones?

-How should you exercise to focus on fat burn during cardiovascular exercise?

-What is the recommended Frequency, Intensity, and Time for Cardiovascular Fitness?

Muscular Fitness

-Vocabulary (add the opposite of Atrophy to your vocab list.)

-What are the myths often associated with weight training?

-What are the precautions that should be taken when weight training?

-What is the difference between Muscular Strength and Muscular Endurance? (HINT: reps and weights).

-What is the recommended Frequency, Intensity, and Time for Muscular Fitness?